



Marion County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Marion County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Marion County School System that includes:

- School Health Advisory Committee
- Nine Healthy School Teams
- School Health Policies were strengthened
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 123,842.78.

Community partnerships have been formed to address school health issues. Current partners include:

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|---|--|
| ➤ Grandview Medical Center | ➤ Vicki Lofty – UT Extension Office |
| ➤ Caring Inc. | ➤ Joyce Clem- Health Services for Marion County |
| ➤ Marion County Health Council | ➤ Abby Walker- TN. Dept. of Health- HUGS Program |
| ➤ Community Advisory Board | ➤ Dee Harwell- Dynamic Dietetics Inc. |
| ➤ RHATS | ➤ Volunteer Health of Blue Cross Blue Shield |
| ➤ TN. National Guard | ➤ American Heart Association |
| ➤ TENNderCARE | ➤ Ronald McDonald Dental Mobile |
| ➤ Lions Club | ➤ Judy Graham- Sequatchie Valley Head Start |
| ➤ Marion County Food Bank | ➤ Cathy Black- SVEC |
| ➤ Christian Women's Job Core | ➤ Sheila Beard- Chair for Marion County Health Council |
| ➤ Marion County Jaycees | ➤ WEPG Radio |
| ➤ Marion County Sheriffs Dept. | ➤ Rebecca's Fitness |
| ➤ Jasper City Police | ➤ The Fit Stop |
| ➤ TNCEP | ➤ Lodge Manufacturing |
| ➤ Johnson's Mental Health | ➤ Regional Health Council |
| ➤ Mtn. Valley Mental Health | ➤ Jeannie Angle- JES- Parent Involvement |
| ➤ Marion County Ambulance Service | ➤ Kristy Blansett- MCHS Parent Involvement |
| ➤ So. Pittsburg Cornbread Festival | |
| ➤ Kimball Police Dept. | |
| ➤ Damien Duggar/ Marion County News Paper | |

- Sonya Turner-JES/ OEIC- Outdoor Educational Initiative Committee
- Dee Harwell –Registered Dietician
- Nicole Condra - WES Parent Involvement
- Jennifer Rose- Relative Care Giver Program
- Howard Cotter- Marion County Three Star Program
- Nicole Cobb- School Counseling
- Steve Lamb-SRT Safety, AED training
- AmerChoice
- Stan Mannon/Beth Webb- Richard Hardy Memorial School
- Willie Richardson – First Things First
- John Graham – Marion County Mayor
- Marion County Junior Miss 2011- Paige Case
- EYES – Educating Youth Ensures Success – Lorraine Powers
- So. Pittsburg Housing Authority
- Brad McCormick-Chattanooga State
- Julie Bennett-Chattanooga State
- Brett King- Marion County News
- Pam Dunn-SETHRA
- Jason Hart-First Things First
- Teresa Walker-Partnership For Families, Children and Adults
- David Riley-Marion County Newspapers
- Eddie Moore-First Volunteer Bank-South Pittsburg
- Sammy Burrows-First Volunteer Bank Insurance-South Pittsburg
- Alinda Richards-First Volunteer Bank-Jasper
- Robert Slatton-TN METH Task Force Drug Trailer
- Hayne Steen-Counseling-Elbow Tree Christian Counseling
- Judy Sartain-The Learning Center

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. CSH conducted Health Screenings at 9 schools. 4/5 parents volunteered at each school. Fifty parents participated in the “Healthy Horizons” day and learned about cooking healthy and food preparation during their cooking class with the chef. They also participated in the other activities, 15 parents attended the partnership meeting with Family and Consumer Science teachers, 20 parents attended the parent involvement meetings at Whitwell Elementary School, 25 parents attended the “Healthy Choices” presentation at Whitwell High School. Currently, 155 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include MCHS “Warriors in Training” which provides students with various after school activities 3 days a week. Teachers volunteered to lead activities. Community partners also offered activities for students to participate in. The number of students participating varies with the activities, but over 100 signed up this school year to participate. (2010-2011). 60 MCHS students provided CSH with food for the Food Bank, 75 MCHS students donated toys to the Jasper Jaycees, 25 helped CSH and the Jaycees with the children’s Christmas party, 30 students participated in the SADD program and provided information about drinking and driving, seatbelts, and safety before prom, and 4 students from MCHS attended the Anti-Drug Coalition meetings and gave concerns and comments during the meeting. Approximately 269 students are partnering with CSH to address school health issues.

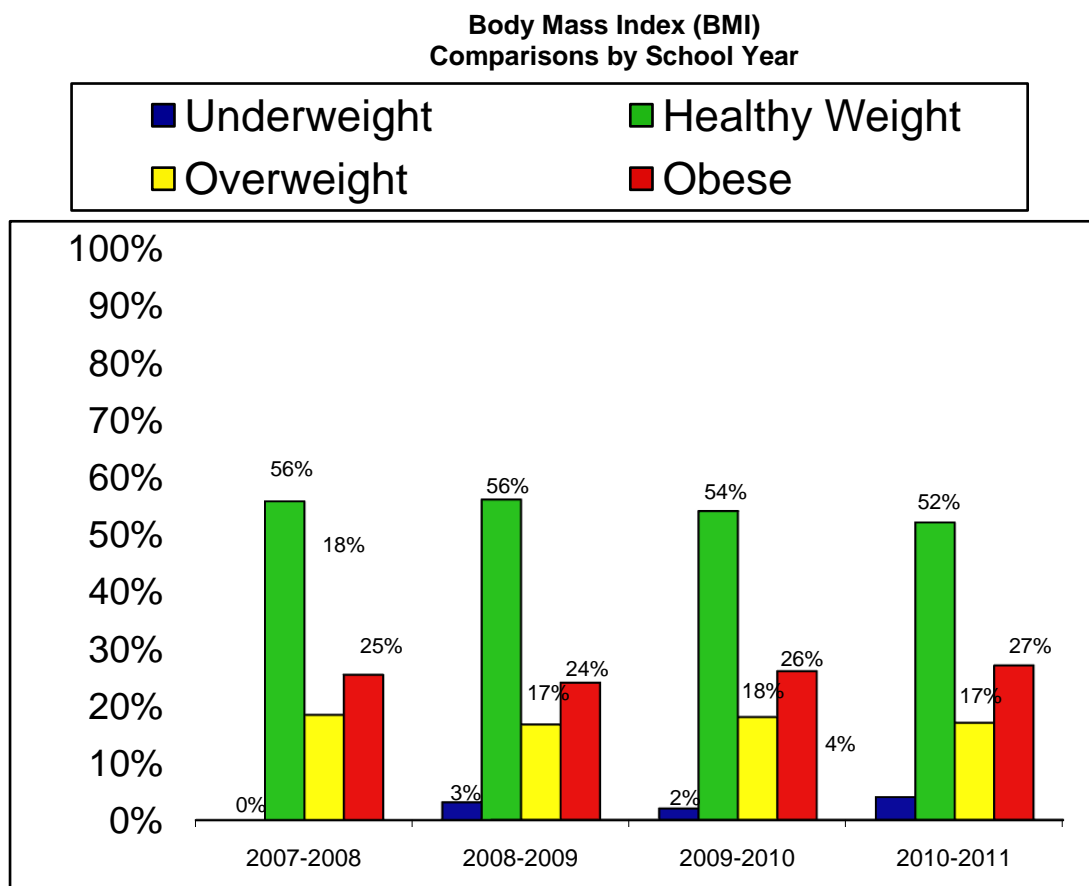
School Health Interventions

Since CSH has been active in the Marion County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1431 students were screened for vision, hearing, blood pressure and scoliosis. A total number of 109 students were referred to follow up with a physician;

Students have been seen by a school nurse and returned to class – 5436 students were seen for the 2010/11 school year, 1113 students were sent home, and 4323 students were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.



Many items have been purchased with CSH funds to enhance school health efforts. They include physical education equipment-playground balls, soccer balls, footballs, basketballs, Frisbees, cones, jump ropes, hand weights, Michigan Model curriculums given to 3 elementary physical education teachers and 1 Family/Consumer Science teacher, Take 10! materials

provided to 32 teachers at Jasper Elementary School, office supplies-copy paper, notebooks, pens, tape, paper clips, staplers, staples, binders, labels, shipping labels, wipes for health screening equipment, printer ink cartridges, envelopes, dividers, page protectors, rubber bands, and DVD's for Warriors in Training/MCHS;

Professional development has been provided to school health staff to include CSH shared information regarding school data at in-services, CSH presented information and school data at meetings with parent involvement committees about physical education/physical activity, health, nutrition, and academic success, 32 teachers were trained in Take10! and provided materials at Jasper Elementary. The principal and assistant principal attended, but did not take the materials. CSH provided in-service for 53 nutrition service staff members and director August 6, 2010. The meeting was held to review policies and to promote participation in Healthy School Teams. Our contract dietician presented on suggestions for Healthy Eaters, Shaping Healthy Eaters and marketing ideas to increase participation in breakfast and lunch programs, Health Services director provided training on OSHA policy for bloodborne pathogens, distributed information to staff and parents on the dangers of flu shots to all employees who wanted them. Counselors attended staff development outside the county and presented the information at their schools. CPR certification and first-aid training was provided to teachers and staff that are on each school's crisis response team. On-line nutrition education classes were offered to staff members. Staff members signed up during county wide in-service at the beginning of the school year. CSH's contract dietician conducted these classes. Topics covered were diabetes, high blood pressure, weight loss, healthy diets, vegetarian diets, vegetarian diets for infants/children and high cholesterol. CPR training was provided to all staff members that are on each school's crisis response team. CSH hosted a chat session for regional coordinators.

Staff wellness activities included CSH hosted physical education teachers in ½ day in-services August 4, 2010 and January 6, 2011.

CSH hosted counselors for Mental Health Staff Development August 4, 2010 and January 6, 2011.

CSH provided in-service for Nutrition Staff August 5, 2010.

CSH provided an overview of CSH at in-service for staff.

CSH taught Nutrition Education to classes requested by teachers at county wide in-service.

CSH offered Diabetes Awareness Classes taught by Dee Harwell-contract dietician.

TAI CHI was taught at Jasper Middle School for teachers and staff.

CSH offered Zumba classes in all 3 school districts to faculty and staff. Students also participated.

CSH provided activities for "Warriors in Training" and staff members.

CSH sent 3 physical education teachers to the TAI physical education RD Convention in Murfreesboro.

*CSH shared information with board members.

*CSH volunteered at Jasper Elementary School to lead PA with students and give the teachers breaks.

CSH sponsored 2 Youth Conferences for students at Jasper Middle, South Pittsburg Academy and South Pittsburg Elementary. The teachers attended the breakout sessions and thought they were very informative for the students and the teachers.

Staff Wellness/Interventions:

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*CSH offered free health screenings for all staff members.

*CSH provided weekly health/nutrition tips for all staff members.

Interventions addressing Childhood Obesity:

Fresh made pre-packaged salads were available daily at all middle and high schools for all students.

Health Education was taught in Guidance, Physical Education, Wellness and Family and Consumer Science classes.

Monteagle School taught Health Education in their science classes.

CSH presented childhood obesity presentations at parent involvement meetings and shared information with community partners.

CSH provided training for administrators and staff members on the Mental Health Integration Grant via school counselors.

Nutrition staff promoted healthy food choices, displayed posters and educational materials, participated in the breakfast and lunch promotion week and participated in school wide functions.

Nutrition education classes were offered to parents and families on how to properly prepare meals, how to make healthy food selections, and how to prevent type II diabetes.

The RD worked with cafeteria staff promoting ideas for increasing fruit and vegetable acceptance to prevent waste in the serving lines.

CSH provided a list of alternative food choices to staff members so nutritious snacks could be offered during school, at parties and at after school activities.

CSH provided a list of easy- to –prepare snacks for faculty and staff at the county wide in – service in the fall.

CSH provided a list of items that DO NOT Meet the Nutrition Standards and advised they not be offered.

CSH worked with the summer youth program “EYES” by providing fun activities and a variety of dances the students could do throughout the summer. Educating Youth Ensures Success (EYES) is a summer program for at risk students in our area.

CSH partnered with MCHS to keep Warriors in Training. This is a program developed after our Healthy Team members looked at their students BMI results and saw the need for their students to be more active. The teachers volunteered to lead the activities. Local agencies and volunteers also worked with the students 3 days a week to offer the students activities, nutritional programs and healthy choices. New activities were added this year. The students loved the corn hole tournament, Zumba, gaga, and Tai Chi. UT Extension provided the corn hole boards and gaga courts.

A boot camp was conducted in October for 3 days. The students learned about healthy snacks and different options to choose when planning meals. The workout was very intense, but most students stuck with it.

CSH provided jump ropes, hand weights, exercise balls, floor mats, playground balls and hand held squeeze balls for the classes.

All physical education teachers provided various activities for staff and students during Child Health Week.

All 9 schools engage in some type of physical activity daily.

32 Teachers were trained in TAKE10! and provided materials at Jasper Elementary. The principal and assistant principal attended, but did not take the materials.

200 Fourth Grade Students attended Healthy Horizons—a program presented by funds from the Project Diabetes grant.

580 Marion County High School students attended “Think Fast.” This program was funded by the Governor’s Highway Safety Program.

257 Students in grades 5-8, from South Pittsburg Elementary and South Pittsburg Academy, attended a Youth Conference at South Pittsburg High that dealt with issues students face daily. Speakers addressed topics on bullying, tobacco and alcohol, sexting/texting/cyber bullying, healthy relationships and healthy food choices. The TN Methamphetamine Task Force brought their drug trailer for the students to go through and view displays, watch a video and officer was on hand to answer questions. Vendors were present and gave a variety of materials (jump ropes, pedometers, Frisbees, footballs, soccer balls, sonic cards and basketballs) to the students to keep them active and moving. First Volunteer Bank donated (2) \$50.00 savings bonds.

525 Students in grades 5-8 from Jasper Middle attended a Youth Conference that dealt with issues students face daily. Presenters spoke on the same topics that were addressed at SPHS, but also, spoke on the dangers of sun exposure, suicide and cutting. Vendors gave the same materials that were given at SPHS.

Additional Highlights:

We feel significant improvement has been made with Marion County’s BMI results. This is the progress made by these schools:

Marion County School System would reduce obesity as measured by baseline BMI data.

Monteagle School decreased their BMI from 23.7% in 2007 to 23.0% in 2011.

Whitwell Elementary decreased their BMI from 30.5% in 2007 to 22.0% in 2011.

Whitwell Middle School decreased their BMI from 30.0% in 2007 to 28.0% in 2011.

Whitwell High School decreased their BMI from 27.3% in 2007 to 15.0% in 2011.

South Pittsburg High School decreased their BMI from 24.1% in 2007 to 20.0% in 2011.

Marion County High School decreased their BMI from 42.9% in 2007 to 27.0% in 2011.

Jasper Elementary decreased their BMI from 24.6% in 2007 to 23.0% in 2011.

In such a short time, CSH in (Marion County) has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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